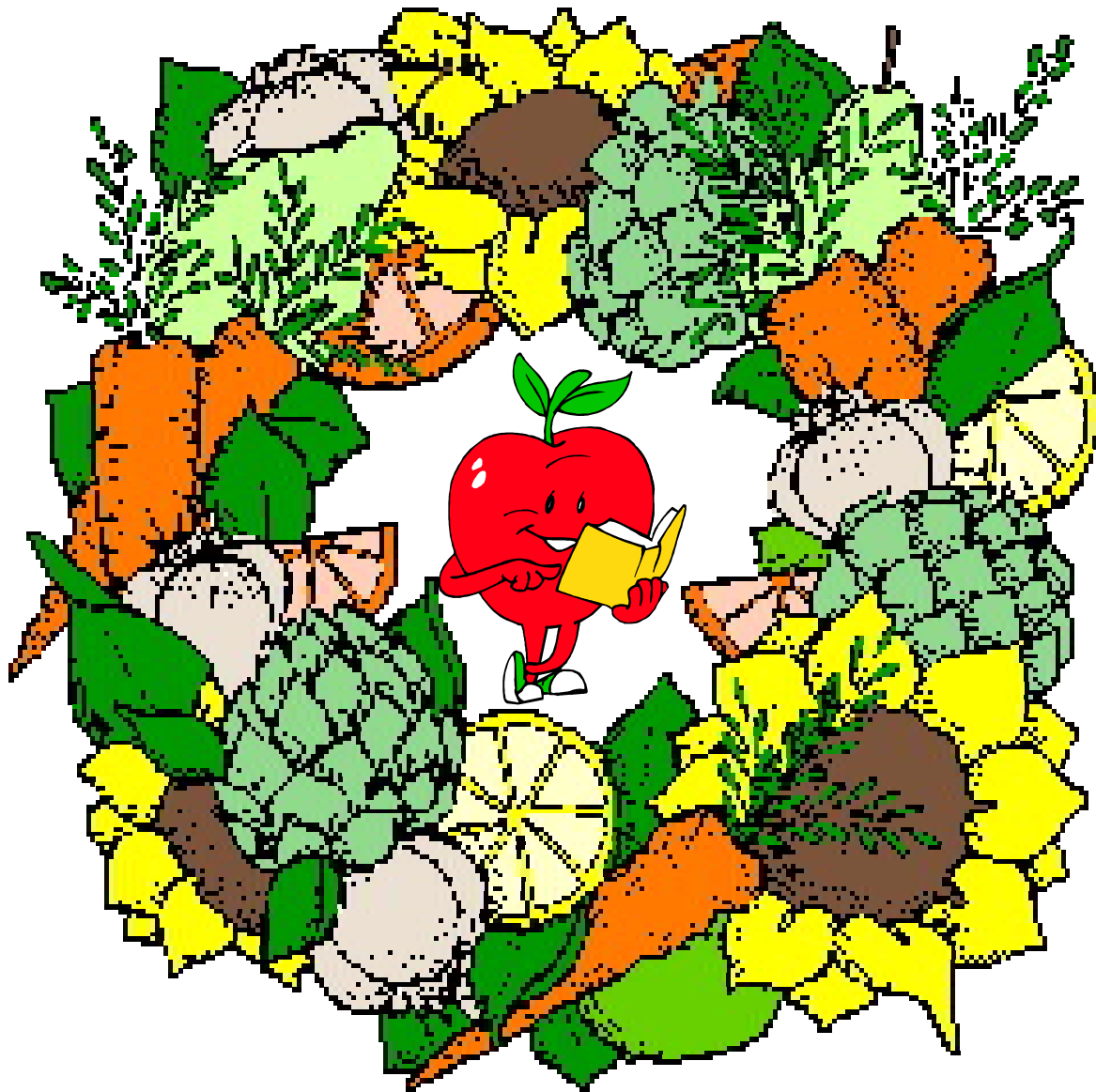




# **WIC CAFÉ' RECIPES**

**2003 - 2004**



**Recipes Provided by your local Fort Riley  
Women, Infants and Children's Program**

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# COOKING WITH CEREAL

## CEREAL MIX

Mix together several different kinds of **dry cereal** with raisins, pretzels, nuts, etc to create your own trail mix.

## CORN FLAKE MUFFINS

1½-cup flour  
1 Tbsp baking powder  
2 cups **corn flakes**, slightly crushed  
1 egg  
¼ cup sugar  
¼ tsp salt  
1¼-cup low fat milk  
3 Tbsp vegetable oil  
\*Stir together flour, sugar, baking powder and salt  
\*Set aside  
\*Measure corn flakes and milk in large bowl  
\*Stir to combine  
\*Let stand about 2 minutes  
\*Add egg and oil  
\*Beat well  
\*Add flour mixture, stirring only until combined  
\*Spoon batter evenly into greased muffin pan  
\*Bake at 400 degrees for about 20 minutes or until lightly browned  
\*Serve warm... \*Makes 12 muffins

## FRESH POTATO-CARROT CASSEROLE

4 tsp margarine  
1 cup Kellogg's Complete Wheat Bran Flakes **cereal**, divided  
1/8 tsp ground thyme  
1 1/2 cups sliced potatoes (about ½ pound)  
1 1/2 cups sliced carrots (about ½ pound)  
2 tbsp margarine  
5 tsp all-purpose flour  
1/2 tsp salt  
dash pepper  
1/8 tsp rosemary leaves  
1 cup fat-free milk

\*Melt 2 tsp margarine  
\*Stir in 3/4 cup of cereal and thyme (set aside – this is the topping)  
\*Place potatoes and carrots in medium saucepan with salted water then cover.  
\*Bring to boil...then boil uncovered for 5 minutes  
\*Remove from heat and drain  
\*Melt 2 tsp margarine in large saucepan, low heat.  
\*Stir in flour, salt, pepper and rosemary  
\*Gradually add milk, stir until smooth  
\*Increase heat to medium and cool until mixture boils and thickens (stir constantly); then remove from heat.  
\*Gently stir in potatoes, carrots and remaining 1/4 cup of cereal.  
\*Pour into 1 1/2 quart casserole.  
\*Sprinkle with topping  
\*Bake at 350 degrees for about 25 minutes or until vegetable are tender.

## OATMEAL CARROT COOKIES

1 cup honey  
1 tsp vanilla  
2 cups flour  
1 tsp salt  
2 cups **old-fashioned oatmeal**  
2 cups raisins  
1 cup vegetable oil  
2 eggs  
2 tsp baking powder  
Drop on wax paper to harden  
2 1/2 tsp pumpkin pie spice  
1 cup chopped nuts  
2 cups grated carrots  
\*In a mixing bowl, beat together honey, oil, vanilla and eggs.  
\*In large bowl, combine flour, baking powder, salt, pumpkin pie spice and oatmeal.  
\*Blend well  
\*Stir in nuts, raisins and carrots

\*Add the liquid ingredients to the mixture and blend well  
\*Drop by teaspoon on greased cookie sheet  
\*Bake at 350 degrees for 12-15 minute or until golden brown

### **PETER COTTONTAILS**

1 - 3 oz package cream cheese  
1 cup finely shredded carrots  
1/2 cup shredded cheddar cheese  
1/2 cup nutty nuggets cereal  
\*Beat cheeses together until blended  
\*Stir in carrots  
\*Cover and chill  
\*Shape into balls  
\*Roll in cereal  
\*Chill until ready to serve

### **QUICK BREAKFAST CONES**

Small ice cream cones  
Fresh fruit, cut up  
Low-fat yogurt (any flavor)  
WIC cereal, crushed  
\*Spoon yogurt into cones  
\*Top with fruit and cereal  
Why do the typical pumpkin pie for thanksgiving? Let your guests try something new and fresh (and healthy)!

### **SUGAR 'N' SPICE SNACKS**

1/2 cup margarine

1/4 cup sugar  
3/4 tsp cinnamon  
1/4 tsp allspice  
3 cups toasted **oat ring cereal**  
\*Melt margarine in skillet over low heat  
\*Stir in sugar, cinnamon and all spice  
\*Mix well  
\*Gradually add cereal, stirring until all pieces are evenly coated  
\*Cook 3 minutes, stirring constantly  
\*Spread on wax paper to cool  
\*Store in airtight container

### **WIC WONDER COOKIES**

Boil 1 minute:  
1 cup white karo syrup  
1 cup sugar  
\*Add 1 cup peanut butter  
\*Stir in 6 cups **corn flakes**

### **YOGONANAS**

Bananas cut in half  
Popsicle sticks  
Yogurt-any flavor  
WIC cereal-crushed slightly  
\*Place bananas on sticks  
\*Roll banana in yogurt and then in crushed cereal  
\*Place "yogonana" in freezer for 2 hours...Enjoy!

# COOKING WITH INFANT CEREAL

## **CHEERIOS CHILL-OUT PARFAITS**

2 bananas or other fresh fruit  
1 container (6oz) low-fat yogurt (any flavor)  
1 cup cheerios cereal (WIC item)  
\* Slice fruit.  
\*Alternate layers of fruit, yogurt, and cereal in parfait glasses or cups.  
Serve immediately.

## **CRISSCROSS COOKIES**

**\*For all the family...to enjoy!**

1/3 cup soft margarine  
1/2 cup sugar  
1 egg  
2 Tbsp milk  
1/2 tsp baking soda  
1/4 tsp salt  
2 cups **infant cereal**  
1 tsp vanilla  
\*Cream margarine and sugar together.  
\*Add egg, milk, vanilla, baking soda, salt and infant cereal  
\*Mix until well blended  
\*Form dough into small balls  
\*Place on greased baking sheet  
\*Make a crisscross pattern by flattening with the tines of a fork dipped in sugar  
\*Bake 350 degrees for 15 minutes or until lightly browned  
\*Cool

## **CRUNCHY BANANAS ON A STICK**

4 firm ripe bananas  
8 wooden sticks with rounded ends  
1 to 2 containers custard style yogurt (any flavor)  
3 cups cheerios cereal (WIC item)

\*Cover cookie sheet with waxed paper.  
\*Peel bananas; cut bananas crosswise in half.  
\*Insert wooden stick into cut end of each banana.  
\*Roll in yogurt, then in cereal.  
\*Place on cookie sheet.  
\*Freeze about 1 hour or until firm.  
\*Wrap each banana in plastic or aluminum foil.  
\*Store in freezer.  
\*Makes 8 servings.

## **TEETHING BISCUITS**

2 Tbsp shortening  
1/3 cup sugar  
1 egg  
1 tsp baking powder  
1/4 tsp salt  
1 1/2 tsp vanilla  
1 tsp water  
1 1/2 cups **infant cereal**  
\*Cream shortening and sugar together  
\*Add egg, baking powder, salt, vanilla and water  
\*Mix until blended  
\*Gradually stir in cereal  
\*Knead well until smooth  
\*Pat into rectangle (12" X 2 1/2")  
\*Cut into bars  
\*Smooth edges so they will not be sharp  
\*Place on un-greased baking sheet  
\*Bake in 300-degree oven for 45 minutes or until golden brown  
\*Store in uncovered container overnight before serving

# COOKING WITH PEANUT BUTTER

## ANTS ON A LOG

Celery sticks

Raisins

**Peanut butter**

Nuts

\*Spread peanut butter in groove of celery stick

\*Add raisins or nuts to top

## PEANUT BUTTER AMERICAN TOAST

1/2 cup **peanut butter**

8 slices bread

2 eggs

1/2 cup milk

1/4 tsp salt

Margarine

\*Spread peanut butter on 4 slices of bread

Put the other 4 slices of bread on top of those with peanut butter (makes 4 sandwiches)

\*In mixing bowl, mix eggs, milk and salt

\*Dip sandwiches in egg mixture

\*Brown sandwiches in a little margarine over low heat on both sides

\*Serve

## PEANUT BUTTER BREAD

1 2/3 cups flour

1 Tbsp baking powder

1 tsp salt

1/3 cup sugar

1 cup **peanut butter**

2 eggs

1 1/4 cups milk

\*Mix flour, baking powder, salt and sugar

\*Mix peanut butter with a fork until well blended

\*Beat eggs slightly and add milk to eggs

\*Add milk and eggs to dry ingredients and stir just enough to mix

\*Pour into well-greased loaf pan

\*Bake at 350 degrees about 1 hour

\*Makes 1 loaf

## PEANUT BUTTER FRUIT DIP

2 cups **skim milk**

1/2 cup light sour cream

1 (3.4 oz) package instant vanilla pudding mix

1 cup **peanut butter**

1/3 cup sugar

Apple and banana slices (or any fruit of your choice)

\*Combine milk, sour cream and pudding mix in medium bowl.

\*Wisk until smooth

\*Measure out the peanut butter in a small bowl; stir until smooth.

\*Combine and stir pudding mixture, peanut butter and sugar; mix until well blended.

\*Stir peanut butter until evenly mixed throughout

\*Measure after stirring

\*Stir peanut butter and sugar into pudding mixture

\*Mix until well blended

## PEANUT BUTTER 'N' YOGURT DIP

1/2 cup **peanut butter** (may use smooth or chunky)

1 – 8pz vanilla yogurt (or any flavored yogurt)

Suggested dippers:

sliced apples	carrots
cucumbers	bananas
strawberries	

\*In small, blend peanut butter with yogurt

\*Serve with suggested dippers

\*Or try as a spread on toast or bagels

## PEANUT BUTTER SPIDERS

1 bag of stick pretzels

1 cup **peanut butter**

1/2 - 3/4 cup dried milk

1 box raisins

2-3 Tbsp honey

\*Stir together peanut butter, honey and dried milk

- \*Refrigerate 2 hours
- \*Roll peanut butter mixture into a ball
- \*Use pretzels for legs and raisins for eyes

### **PEANUT SAUCE & PASTA**

- 1- 12 oz spaghetti or noodles
- 1/2 cup **peanut butter**
- 2 tsp vinegar
- 1 tsp sugar
- Dash of cayenne pepper or Tabasco sauce
- 1/2 cup hot water
- 2 tsp soy sauce
- 2 pressed garlic cloves
- 1/2 tsp ground ginger
- 2 green onions, chopped
- \*Cook spaghetti in boiling water about 20 minutes or until done
- \*While pasta cooks, blend the hot water and peanut butter

- \*Stir in soy sauce, vinegar, garlic, sugar, ginger, cayenne and half the green onion
- \*Combine the sauce with the hot, drained spaghetti in a serving bowl
- \*Garnish with remaining onion
- \*Serve immediately

### **PUDDING WITCHES**

- 1/2 cup **peanut butter**
- 1 1/2 cups milk
- 1- 4 oz instant chocolate pudding mix
- Graham crackers
- \*Combine peanut butter and milk
- \*Add pudding mix and mix for 2 minutes
- \*Let chill for 30 minutes
- \*Spread between graham crackers
- \*Wrap in foil
- \*Freeze 2 hours and serve



# COOKING WITH EGGS

## **EGG BURRITO**

- 1 Tbsp oil
- 2 Tbsp milk
- 1 - 1 oz cheese
- Salsa
- 2 eggs**
- 2 corn tortillas
- 1/4 cup pinto beans
- \*Warm tortillas in preheated oven
- \*Beat together milk and eggs until blended
- \*Heat oil in pan over medium heat
- \*Pour egg mixture in pan and stir with fork
- \*Add beans and cheese
- \*Stir until eggs are thickened and no liquid remains
- \*Add egg mixture to tortillas and fold
- \*Serve with salsa

## **SOFT CUSTARD**

- 4 eggs**
- 1/4 tsp salt
- 1 1/2 tsp vanilla
- 1 cup sugar
- 2 1/2 cups milk
- \*In large pan, beat together eggs, sugar and salt
- \*Cook over low heat
- \*Stir in milk
- \*Stir constantly, until mixture thickens and just coats a metal spoon (about 15-20 minutes)
- \*Remove from heat
- \*Stir in vanilla
- \*Cool quickly by setting pan in bowl of ice or cold water and stirring for a few minutes
- \*Cover and chill
- \*Serve with your favorite fruit

## **SPICY FRUIT MUFFINS**

- 2 cups flour
- 3 tsp baking powder
- 1 tsp salt
- 1/8 tsp cloves
- 1/4 tsp ground nutmeg
- 1 cup grated apple

- 2 cup brown sugar
- 1/2 cup chopped walnuts
- 2 eggs**
- 1/4 cup margarine – melted
- 1 cup bran flakes**
- 2/3 cup Juicy Juice-apple**
- \*Sift together flour, baking powder, salt, cloves and nutmeg. Then...
- \*Stir in grated apple, brown sugar and chopped walnuts, all in a large bowl. Set aside.
- \*In a separate bowl, combine eggs, apple juice and melted margarine. Then...
- \*Fold into apple mixture just until blended.
- \*Fold bran flakes into batter, gently mix.
- \*Spoon into oiled muffin tins, filling each 2/3 full.
- \*Bake in 400-degree oven for 15-20 minutes.
- \*Cool on wire racks.

## **SWEET POTATO CHEESECAKE**

### ***Crust:***

- 1 cup graham cracker crumbs
- 2 tbsp sugar
- 1 tsp cinnamon, divided
- 1/2 tsp allspice, divided
- 2 tbsp margarine, melted

### ***Filling:***

- 2 - 8 oz packages reduced-fat cream cheese
- 1 cup nonfat plain yogurt
- 1 - 15 oz can sweet potatoes (yams), drained and mashed
- 1 1/3 cup dark brown sugar
- 1 egg**
- 1 egg white**
- 2 tsp vanilla extract
- Preheat oven to 350 degrees F. In a bowl, combine cracker crumbs, sugar, 1/2 tsp cinnamon, 1/4 tsp allspice, and margarine. Pat into bottom and up the sides of a 9-inch springform pan.

In a large bowl, beat together cream cheese and yogurt until creamy. Add yams, brown sugar, remaining 1/2 tsp cinnamon



and 1/4 tsp allspice, beating until smooth. Add egg and egg white one at a time, beating after each addition. Add vanilla. Spoon mixture into crust. Bake 50-60 minutes or until set. Remove from oven to cool. Refrigerate until chilled, about 2 hours.

Remember that sweet potatoes contain vitamin A. Vitamin A helps keep your eyes and skin healthy. Try to eat a vitamin A food at least every other day

# COOKING WITH BEANS



## **BOSTON BAKED BEANS**

2 cups **navy beans**

½ pound bacon

1 onion, finely diced

3 Tbsp molasses

2 tsp salt

¼ tsp pepper

¼ tsp dry mustard

½ cup ketchup

1 Tbsp Worcestershire sauce

¼ cup brown sugar

\*Soak beans overnight in cold water.

Simmer the beans in the same water until tender, approximately 1 to 2 hours. Drain and reserve the liquid.

\*Preheat oven to 325 degrees F.

\*Arrange the beans in a 2 quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion.

\*In a saucepan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar.

Bring the mixture to a boil and pour over beans. Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil.

\*Bake for 3 to 4 hours in the preheated oven, until beans are tender. Remove the lid about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry.

## **KIDNEY BEAN SALAD**

1 1/2 cups dried **red kidney beans**

6 cups water

3 hard cooked eggs, chopped

1/2 cup diced celery

1/2 cup mayonnaise

2 Tbsp cider vinegar

Salt and pepper as desired

\*Cover beans with water

\*Bring to a boil and boil for 2 hours or until tender

\*Drain and cool

\*Add rest of ingredients to beans

\*Mix well and chill

## **MOIST COCA-LENTIL CAKE**

2 cups boiling water

1/4 tsp salt

2/3 cup washed **lentils**

1 1/2 cups sugar

1 cup vegetable oil

4 large eggs

1 tsp vanilla

2 cups flour

4 Tbsp cocoa

1 1/2 tsp baking soda

1/2 tsp salt

\*Add lentils and salt to boiling water

\*Cover and simmer for 40 minutes

\*Drain, reserving liquid.

\*Add 1/4 cup of liquid back to lentils

\*Mash or blend well

\*Grease and flour 9" X 13" pan

\*Mix sugar, oil and eggs

\*Beat well

\*Add vanilla and lentils to the mixture

\*Mix

\*Add remaining ingredients

\*Beat for 2 minutes

\*Pour into prepared cake pan

\*Bake 30-35 minutes at 350 degrees

\*Cool, frost and eat

\*Makes 12 servings

## **NO WORK MEATLOAF**

2/3 cup **dry navy or great northern beans**, cooked 1 pound lean ground beef

1 cup catsup

1/2 cup saltine cracker crumbs

\*Mash the cooked beans slightly with fork

\*Mix all ingredients together

\*Put mixture in loaf or shallow pan

\*Bake at 350 degrees for 45 minutes

\*Leftover meatloaf makes wonderful sandwiches

### **PICNIC BEAN DIP**

1 cup **uncooked dried beans** (any type you prefer)

1/2 pkg taco seasoning

1/2 cup diced onion

1 - 4 oz shredded cheese (any type you prefer)

1/2 cup chunky salsa

\*Cook beans according to package directions

\*Drain and mash in bowl

\*Add remaining ingredients

\*You may need to add a small amount of hot water to get it to the right consistency

\*Serve with vegetables, crackers or chips

\*Makes approximately 2 1/2 cups

### **SPICY BLACK BEAN SOUP**

3 cups dried **black beans** (cooked)

10 cups water

1 cup celery, chopped

1 cup onion, chopped

1 cup green bell pepper, chopped

1 cup **carrot**, sliced

1 - 28 oz can whole tomatoes

1 - 8 oz can tomato sauce

1 - 8 oz can corn

Add in these herbs & spices:

2 tsp dried whole basil

1 tsp salt

1/2 tsp dried whole oregano

1 tsp black pepper

1/4 tsp ground red pepper

\*Boil beans for 1 minute, Turn off stove, Sit 1 hour

\*Add chopped vegetables & spices

\*Bring to boil, cover, reduce heat

\*Cook until soft (about 2 1/2 hours)

\*Add whole tomatoes, tomato sauce and corn

\*Cook 30 more minutes

\*Makes 10-12 servings

# COOKING WITH DAIRY

## **BRAZILIAN HEALTH SHAKE**

1 Banana peeled  
1 Apple Cored  
1 quart **skim milk** or **1% milk**  
1/2 cup Strawberries (fresh or frozen)  
1 Tbsp Sugar (optional)  
Add all the ingredients to the blender or food processor and blend.  
Makes 6 servings.

## **CHEESY CAULIFLOWER BAKE**

1pkg Frozen or 4 cups Fresh Cauliflower  
1 cup Shredded Carrots  
3/4 cup Shredded Cheddar Cheese  
3 Tbsp Fat Free Ranch Dressing  
3 Green Onions, thinly sliced  
\*Mix Cauliflower and carrots in 1-quart baking dish; sprayed with no stick cooking spray  
\*Mix Cheese and dressing until well blended  
\*Spoon cheese mixture over vegetable mixture in the baking dish  
\*Sprinkle with onions and stir gently.  
\*Bake in preheated 475 degree oven for 20 minutes or until heated through.

## **GOLDEN POTATO SOUP**

2 Tbsp oil  
1 Tbsp flour  
Dash pepper  
2 1/2 cups **milk**

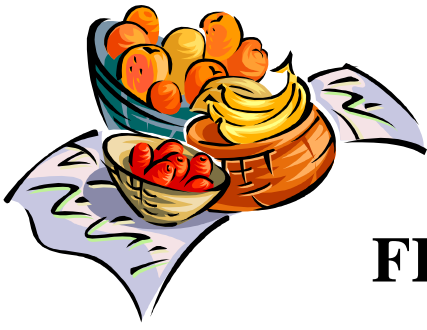
1 cup (or more) leftover mashed potatoes  
1/3 cup finely cut onion  
1 tsp salt  
1 cup water  
1/2 cup grated cheese  
\*In saucepan, slowly saute onion in oil until yellow  
\*Blend in flour, salt and pepper  
\*Add water and boil 2 minutes, stirring constantly  
\*Add mashed potatoes, milk and cheese  
\*Heat slowly until cheese melts (Do not boil)  
\*Serve

## **ORANGE FROTH**

5 cups **milk**  
1 - 6 oz can frozen orange juice concentrate  
1 Tbsp sugar  
\*Pour half of milk into large pitcher  
\*Add orange juice concentrate and sugar  
\*Mix well  
\*Add rest of milk  
\*Mix well  
\*Chill thoroughly  
\*Makes 1 1/2 quarts

## **PURPLE COW**

Mix 1/2 cup grape juice and 1 cup **milk**.  
Serve icy cold.



# COOKING WITH: FRUITS & VEGETABLES

## APPLESAUCE

\*Serves 6-8

\*Chop 4 **apples** [unpeeled]

\*Boil in 1/2" water

\*Add 3 TBSP honey [boil and stir]

\*Sprinkle with cinnamon

## CORN CHOWDER

2 cans (5 1/2 - 6 1/2 oz) **tuna**, drained

2 Tbsp margarine

1/2 cup celery, diced

1 tsp dried thyme leaves

2 Tbsp flour

1/2 cup onion, diced

1/2 cup **carrots**, diced

1 (14.5 oz) can creamed corn

2 cups milk

1 cup water

1 tsp instant bouillon, chicken flavored

Directions:

1. In medium saucepan, melt margarine over medium heat.

2. Sauté celery, onion and carrots about 3 minutes until tender crisp.

3. Add flour and thyme; blend well.

4. Cook 1 minute.

5. Add corn, milk, tuna, water and bouillon, stirring to blend.

6. Cover and simmer (do not boil) 5 minutes to heat through, stirring occasionally.

## CARROT COINS

\*Serves 1

Pick or buy fresh raw **carrots** [carrots with tops]

Wash [Scrub with a vegetable brush]

Slice [Coin size]

Dip in peanut butter

## CHEESY CARROTS

2 pounds **carrots**, cut into 2 inch pieces

2 tablespoons margarine

1 onion, minced

8 oz sharp cheddar cheese, shredded

1 green bell pepper, minced

1/4 cup fresh parsley, chopped

salt and pepper to taste

3/4 cup dry breadcrumbs

Directions:

1. In a large pot of water, boil carrots until soft. Drain well.

2. Preheat oven to 350 degrees F. Grease a 9X13 inch casserole dish.

3. Place carrots in a large mixing bowl and mash them well. Stir in margarine, onion, cheese, green pepper, parsley, salt and pepper. Transfer to the prepared baking dish and top with breadcrumbs.

4. Bake in a preheated 350 degrees F oven for 40 minutes.

## INSTANT BANANA PUDDING

\*Serves 1

\*Mash 1/2 small **banana** [very ripe]

\*Add 3 TBSP **applesauce**

\*Stir in 1 tsp plain yogurt

## ZUCCHINI MUFFINS

\*Serves 6

\*Grate 1/2 cup **zucchini** [small zucchini makes 1/2 cup grated]

\*Add 1 egg

\*Add 2 TBSP oil

\*Add 1/4 cup honey

\*Add 1/4 tsp grated **lemon peel**

\*Add 3/4 cup flour

\*Add 1/2 tsp baking powder

\*Add 1/4 tsp salt

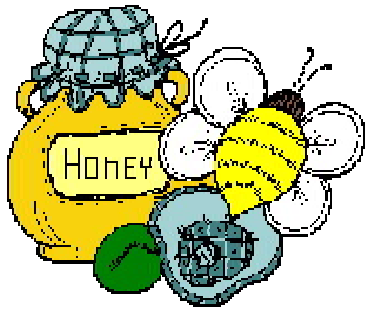
\*Add 1/4 tsp cinnamon

\*Put into muffin tin

\*Bake at 400 degrees for 20 minutes

\*Only breastfeeding moms who do not receive formula from WIC receive fresh carrots and tuna.





# COOKING WITH: VARIETY

## Mixing Up Taste In Cereal

### ***Sweet:***

Brown Sugar	Cinnamon Sugar
Sugar	Maple Syrup
Honey	

### ***Nutty:***

Sliced Almonds	Chopped Nuts
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### ***Spicey:***

Cinnamon	Nutmeg
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### ***Fruity:***

Strawberries	Bananas
Apples	Dried Fruit
Favorite Jam	

### ***Crunchy:***

Grape Nuts Cereal	Granola
-------------------	---------

### ***Flavorful:***

Shredded Cheese	Bacon Bits
Margarine	

## Recipe for Happiness

2 Heaping Cups of Patience  
1 Heart-full of Understanding  
1 Handful of Generosity

Breastfeeding your baby

Dash of laughter

1 Heart-full of Love

**Sprinkle generously with kindness.**

Add plenty of support and mix well.

\*Spread over a period of a lifetime.



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